Hey, are you feeling stressed?

Faced with many challenges in life?
You can learn to tackle them.

Tackling Exam Stress
- Start revision early.
- Stick to a revision timetable.
- Set realistic targets.
- Seek help when in doubt.
- Be prepared.

Staying Positive
- Believe that you can face any challenge.
- See the positive side of any situation.
- Mistakes are not failures. Learn from them.
- Be strong.

Managing Anger
- Do not use hurtful words. Walk away.
- Take a few deep breaths.
- Think through the problem and resolve it calmly.
- Stay cool.

De-stressing and Relaxing
- Talk to your family, teacher or friend.
- Exercise or play a sport with your friends.
- Go for a movie or read your favourite novel.
- Be happy.

HAVE YOU TRIED ANY OF THESE TIPS?
Share these tips with your friends and help them cope with their challenges too!